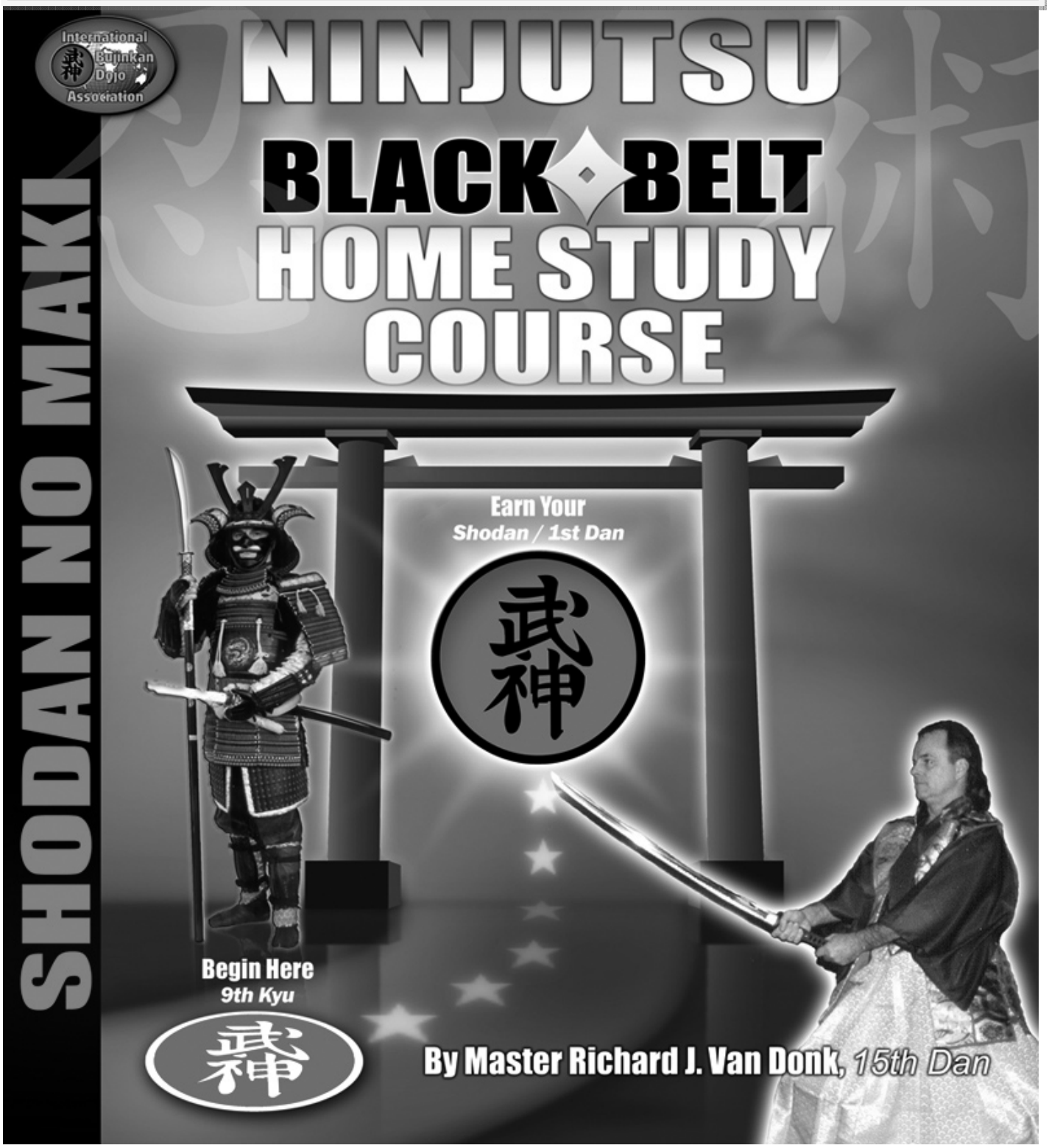
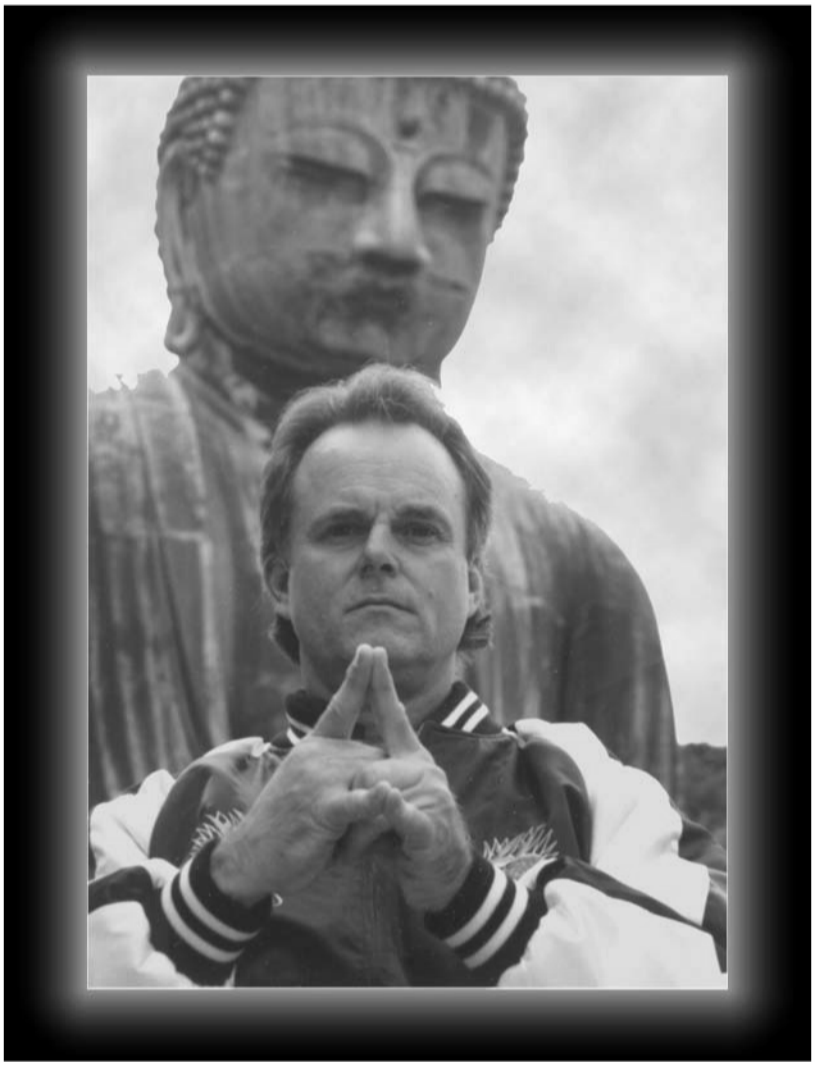
SEISHIN-JUTSU SPIRITUAL REFINEMENT TRAINING



Richard Van Donk in front of Dai-Buddha in Kamakura Japan



Why the Spiritual Path?

As one journeys through life questions like Who am I? Why am I here? What is my purpose? and Where did I come from? come up for most of us. You may have asked yourself these or other similar questions. We instinctively feel (know?) that there is something more to us than just this life. Are you aware of your Spirit, which extends beyond your physical body? Have you experienced totality from the center of your being? Do you have the spirit and courage to live an optimally rewarding life? The answers to these questions come from your understanding of your Self and your relationship to it. The journey begins with your first conscious breath of Spirit. Martial Arts practices began in temples as part of a spiritual practice and I am doing my best to bring it back there.

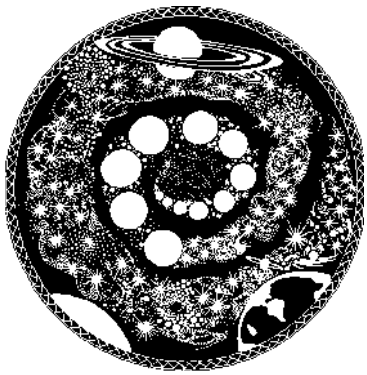
What does it have to do with the Martial Arts?

Sometimes this question comes up: "I am a (fill in the religion) - does this mean that I can't study Ninjutsu or practice the breathing or meditation practices outlined here?" Let me say this about that. We (I) honor and respect your or anyone else's desire to follow and believe in their chosen religion. In fact *I encourage* you to strengthen your connection to God and Spirit. I also encourage you to do everything you can to develop yourself as a human being. So, to answer the question, *of course you can train in Ninjutsu* no matter what your religion - or lack of it.. Ninjutsu is NOT religion based. Yes, the people who founded and practiced the arts had spiritual and often religious beliefs - as has most everyone in the history of the world whether they have studied Ninjutsu or not. I grew up in one religion as did most of us, and I asked a lot of questions about the things I was being told because I wanted to understand. You see, over the course of my life I have studied religion quite diligently - many religions as a matter of fact. Each of us must decide what feels right for us to believe for ourselves. Neither myself nor Soke Hatsumi will ever be limited to any one religion. If you had studied all that we have studied, your perceptions would be expanded also. So what does this have to do with martial arts? Your martial arts studies should bring you closer to the core of your being and therefore, to God.

Overview of my Consciousness Quest - I have journeyed all over the world questing eternal Truth, Consciousness and Bliss. These travels have brought me to such places as Egypt, Peru, India, Israel, Stonehenge, Ephesus in Turkey, Mt. Shasta, American Indian holy sites, Japanese Mikkyo Temples, the ancient civilizations of Palenque, Teotihuacan and several others deep in the jungles of Mexico searching and studying aspects of spirituality. I have meditated under the Bodhi tree where Buddha obtained Enlightenment and I have walked the path on which Christ carried the cross, merging with the Divine Father. I have climbed the Great Pyramid of Egypt and gazed out where Pharaohs have. The list goes on much longer. My quest for learning is demonstrated by my collection of over 3,000 books, 2,500 audio tapes, and 1000+ videos. In many of the circles I travel I am considered a philosopher of sorts. I love sharing Enlightenment processes (called Sourcing) worldwide. My core teachings are embodied in Uni-Dynamics™ "The science of being One", and in the Life Mastery 101 programs. I am a strong proponent for World Peace. I tell you this to let you know that I walk my talk and to let you know that I have picked up some jewels along the way. I'd like to share them with you. The first is:

The Power of Breath - Breath is Spirit. The Latin word 'Espiritus' (where the English word 'spirit' comes from) means to breathe. Simply put, if you want to become more spiritual then you must learn to breathe. You begin your life in this world when your first breath ignites the Divine Spark within you and when your last breath leaves your body you take that Divine Spark with you. Breath *is* spirit. Several methods for increasing your breath and consciousness follow. As with any of my spiritual material I want you to take it and make it your own, insert your names for your chosen deity, master or teacher. Remember: there are many paths ***but only one center***. On some level we are all one, and no matter what we believe in while here, in the end the same things will happen to all of us. At death we may each go through different doors to get there but what we experience in the *final* end may not be all that different. I choose to believe in a divine play that is larger than my conscious thoughts in the matter. If you are further interested in this work check out the Living the Spiritual Path Series.

Have you ever wondered……



Where God came from?
How vast *is* the universe? Where does it end?
What is the purpose of life?
Who are you?
Why are you here?

The answers lie within you.

"It's got to get right on the inside before it ever gets right on the outside."
- Richard Van Donk

Questions lead us to answers: that is their purpose on our quests for knowledge. Well formed questions can lead us to our truth. As life unfolds deep questions seem to creep to the forefront of our minds and create a deep thirst for answers - our own answers and truth that we can live with. We come to a point where we can no longer accept superficial truths. For some people, these questions that grip the mind bring about an almost endless search as the thirst deepens for more of the knowledge the answers lead to. The inner flame of passion grows every day, unfolding wisdom and such joyful bliss that life itself is transformed for us who seek, reaching ever greater vistas of unfoldment as the infinite truth of Divine Consciousness brings us closer to heightened enlightenment.

Right within reach, inside each of us, burns a light so bright it cleanses all fear, all guilt, all illness, all suffering and pain. It nurtures you, it caresses your soul, your inner being. It is everlasting, and *when you experience it you know it is the very source of creation*. It is beyond Ki, Chi or Life Force: it is the Essence, the fountain from which this force flows. A feeling of immortality surrounds you as you feel you are everything. You feel at home here in this body. There is nothing to do or be. You just are. All your questions cease. You are beyond time and space. You have reached the part of you that is infinite, timeless and formless.

The inner world is just as vast as the outer world.

Here's a little experiment to try. Close your eyes for a moment, look towards the back of your head and let yourself mentally fall backwards. You will begin to feel a freefall and will physically desire to go backwards. (take this into a meditation sometime, done from a sitting to laying position). Going inside of you, how far & how deep can you travel? Endlessly? Where do you go when you fall asleep? How come you can't just lay the body down without losing consciousness when it needs recharging? We can test and travel our inner worlds easier than traveling around in space physically. If you study how light and sound work you will discover many secrets to your universe, both inside and outside.

There are no boundaries when your consciousness goes out in the universe, no boundaries when you go deep inside. Boundaries can only be experienced when you are centered at home in your physical body, because your body is the place where time and space intersect, the place where spirit becomes matter. Honor your boundaries.

Linda Van Donk

Breath Training Methods 1-6

Breath is your key to life. Here are several breathing methods to practice to awaken your consciousness, increase your lung capacity, better your health, deepen your meditations and which will also even help you to sing better. Always be aware of your breathing and be more aware of your life.

1. Strengthening the diaphragm

Inhale deeply and fully through the nose, then exhale - blow all of the breath of the body out through the mouth and remain empty. Time yourself or count how long you can remain empty. The perfect average is 34 seconds or longer.

2. Strengthening the abdomen

Inhale, deeply and fully through the nose, then exhale - Then Exhale Vigorously - blow all of the remaining breath out through the mouth and remain empty. Still remaining empty - draw the abdomen in and out 7 times slowly and firmly.

3. Correct inhalation and exhalation

2/1; 3/1; 3/2; 4/1; 4/2; 4/3; 5/1; 5/2; 5/3; 5/4

A. Alternating Breath - First number inhales to this count in through the nose and breathe out the 2nd number through the mouth. 2/1 means breathe two breaths into the nose in succession and then out once through the mouth. This breath practice can be practiced rapidly or slowly for different results.
B. Do all breathing through the mouth
C. Do all breathing through the nose

4. Sustaining the breath

Inhale deeply and fully through the nose. Shut the breath off (do not let any inhaled breath escape) and hold it. Time or count how long you can hold the breath. Your goal is one minute or longer.

5. Retaining the breath and beginning to use sound vibration without wasting the breath.

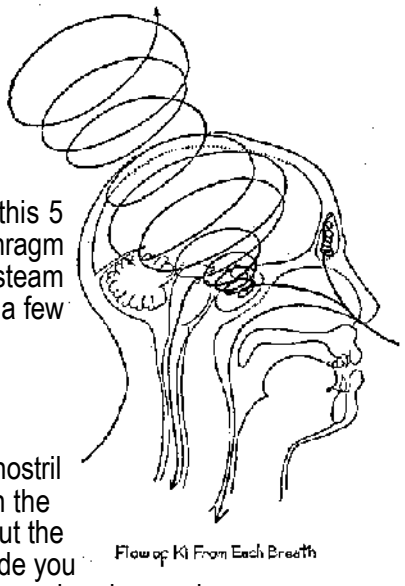
Inhale deeply and fully through the nose. Shut the breath off. Retain the breath and count out loud up to 67 or more. Then do OM as long as possible the Oooo... will last 3/4 of the duration. Make sure the Mmmm... is pure without wavering in pitch or stretching the sound until it changes key. Keep it steady and smooth until sound no longer comes out. You will feel when the timing and vibration is correct in your body. It will feel very natural. Repeat this 3 times. Great to do before and after a meditation.

6. Building co-ordination and projection

Take a folded piece of paper and place it on a table or stand. Step back about 3 feet from the paper and blow the paper over. Repeat 3 or 4 times, increasing your distance from the paper each time.

Breath Training Methods 7-9

7. Diaphragm Breath



Take a very deep breath in through both nostrils down the center of your spine all the way to the base of your spine and filling up the area below your belly button. Allow this area to fill with air first, then your mid-chest and then your upper chest. Hold the full breath for a count of 16, then release for a count of 8 starting with the belly first, then the
mid-chest and then the upper chest. Allow your breath to flow without forcing it. Do this 5 times. On the 6th inhale begin to alternate a squeeze and relaxation of the diaphragm muscles at a rapid rate so the air goes in and out of your nose (mouth shut) like a steam engine, generating a bellows type of action. Do this as long as you can. Rest by taking a few longer breaths and then do it again for a few minutes.

8. Alternate Nostril Breathing

This is a powerful energizing process and brain /mind/ spirit stimulator. To do alternate nostril breathing you will breathe in one side of the nose and then out the opposite nostril on the other side. Then reverse it, breathing into the same side you just breathed out of and out the opposite side. Then into the same side you just breathed out of and out the opposite side you breathed in on. Using your hand to control the flow of breath makes this possible. Bring your hand up and press your thumb lightly against one nostril to close it off (using the 1st two fingers on the other side to do the same as you alternate sides). Continue to alternate nostrils while breathing in and out.

A. Beginning Level - Do process slowly and deeply. Hold the inhale a few beats then exhale out slowly.

B. Advanced Level - Speed this process up until it becomes very fast and rapid. Make sure you are still doing the exact process with the same flow on both sides.

9. Hong Sau Unified Breath

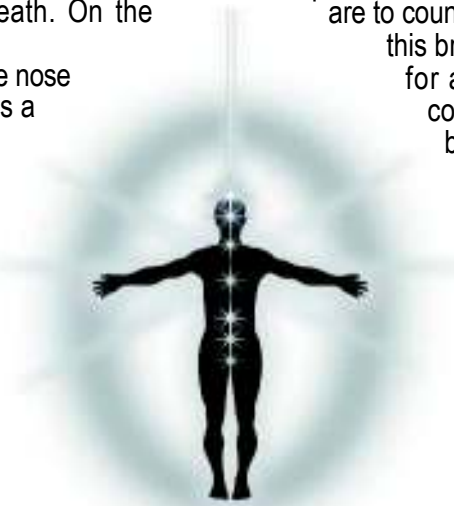
The unified breath is done by breathing in and out of both nostrils at the same time. Your eyes and breath will now focus on the third eye just above the bridge of the nose while keeping the eyelids closed. This unified breath is a natural rhythmical smooth breath that breathes in and out of the third eye in the front of the head, down the back of the neck, down the spine to its base at the tail bone and then releasing up the front of the spine and out of the mouth cleansing the brain, spine and energy systems from the crown to the root. Your breath becomes an ancient sacred sound, often called a mantra,. While breathing in, with the breath mentally create the sound **Hong** as the breath comes into your third eye and down your spine. As you breathe up your spine and out of your third eye mentally and with the sound of your breath create the sound **Sau.** Breathe with such intensity that you *hear* the sound of your breath. Build mindful attention to *being your breath* until you are just your breath. One continuous flowing breath. Take every breath consciously and you will reach a level of awareness that is beyond compare. Your clarity and resolve will be second to none. You will have reached the center of all things. Your goal for enlightenment is to be consciously aware, awakened in every moment so learn to be one with your breath. You will feel a natural cycle begin to happen: this is the natural breath that sustains you while you sleep and dream. It is natural and recharges your body. Practice with this Hong Sau breath empowerment after doing the Alternate Nostril Breath and before doing any meditation to give you more powerful results. This Unified Holy Breath is a powerful meditation in itself.

Spiritual Refinement

Riding the Breath Meditation

Sit with your back straight, feet apart on the floor or in a cross legged position (Preferably not on a pillow - pillows can block the energy flow at the base of the spine). Hands on lap or resting palms up on the thighs, thumb and forefinger tips touching together forming a circle, other three fingers extended. Close your eyes. First concentrate your mind on the center of your forehead. Breathe through the nose and feel the coolness of the in breath and the warmth of the out breath. On the next large inhale switch your awareness to the breath coming into the nose at the nostril entry. Ride that breath as a surfer would ride a wave up into the mind and down your center of being all the way to the base at least below your belly button, preferably to the base of your spine. Allow your deep belly to fill with air and then your chest. Hold the breath for a count of 16. Release for a count of 8 starting with the belly first, then the chest. Allow your breath to flow. Do this 5 times.

On the next inhale, begin to squeeze and relax the diaphragm muscles at a rapid rate so the air goes in and out of your nose (mouth shut), generating a bellows type of action. Do this as long as you can. Rest with a few longer breaths and then do it again for a few minutes. Go back to riding the breath and add inside your mind the chant OM on the inhale. When the breath reaches the top at the end of the exhale, the OM will end and you are to count the number of the breaths. Continue this breathing process and inner meditation for about 20 minutes. If you lose your count, go back to a number you remember or start at one again as the number of breaths is not important in itself, but counting focuses the mind. The more you practice this no other thoughts will come into your mind. This is a wonderful meditation. It will build a wholeness of your inner self and open the doorways to spiritual oneness.



BUSHINDO™
Rejuvenation Arts
"Embrace the highest light within your soul"

We are spiritual beings having a human experience not human beings trying to have a spiritual experience.

Richard Van Donk

"Always have the courage to live what you love and to love what you live!"

Richard Van Donk

Spiritual Refinement

Spirit Warrior Meditation

Basic Spirit Warrior Process

Sit in seiza or in a cross legged position, close your eyes and look up at a 45 degree angle as if you are looking out of the center of your forehead. (Advanced meditators can have the eyes half open but until you can still your mind keep them closed). Clear all thoughts from your mind and imagine a 1" shaft of pure white light coming down from above, through the crown of your head, through the center of your body to your tailbone. Breathe into this shaft of light and expand the light outward from the center core in all directions at the same time by using your breath as the catalyst. Do this until the light extends about a foot past your physical body. Take a deep breath, holding the breath for a count of 8, then releasing through the mouth any tension or stress in your being. Take a second deep breath, holding it for the count of 16, then releasing through the mouth any unsupporting thoughts. Take a third deep breath holding for a count of 32, releasing out the mouth, cleansing the spirit. Now breathe naturally and continue to use light and breath to push out of you any unwanted energy or thoughts mentally, physically, emotionally or spiritually. Claim this space in the universe as your own. Be free, centered and balanced in mind, body and spirit. Then enter the domain of your own heart, letting your heart be the center of the entire existence of the universe. Breathing the universe in and out from your heart center experience the expansion and contraction of everything happening through the connection of you. Let divine love shine through you. Let divine light shine through you. Be free and let your breath do what it wants to do naturally. Be totally free. Continue your meditation and before you open your eyes and arise from sitting ask for knowledge on how you can become more courageous about something in your life.

"If thine eye be single thy body shall be full of light"

Jesus

"Seek me in the light as that is where I reside."

Satchitananda

Satchitananda

Spiritual Refinement

10 Life Builder Patterns

1. I have all I need to enjoy my life right here and now.
2. I remain centered and express goodness in all situations I encounter.
3. It is not the event *but my response to it* that brings me happiness or unhappiness.
4. Filled with right understanding, at each unpleasant moment I guide myself back to happiness.
5. I choose to recognize the cause and effect of all that happens in my life.
6. I see life's beauty in all things no matter how large or small.
7. With my new, constantly increasing knowledge and understanding, I will succeed in all that I do.
8. I choose to always visualize my life the way I desire it to be.
9. When my thoughts, my words, my actions are in alignment I can manifest anything I desire.
10. All the riches I seek are within me.

These 10 Life Builder Patterns are to be recited daily. They will expand your consciousness, keep you centered and focused and manifesting your dreams.

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"Embrace the highest light within your soul"

"Always have the courage to live what you love and to love what you live."